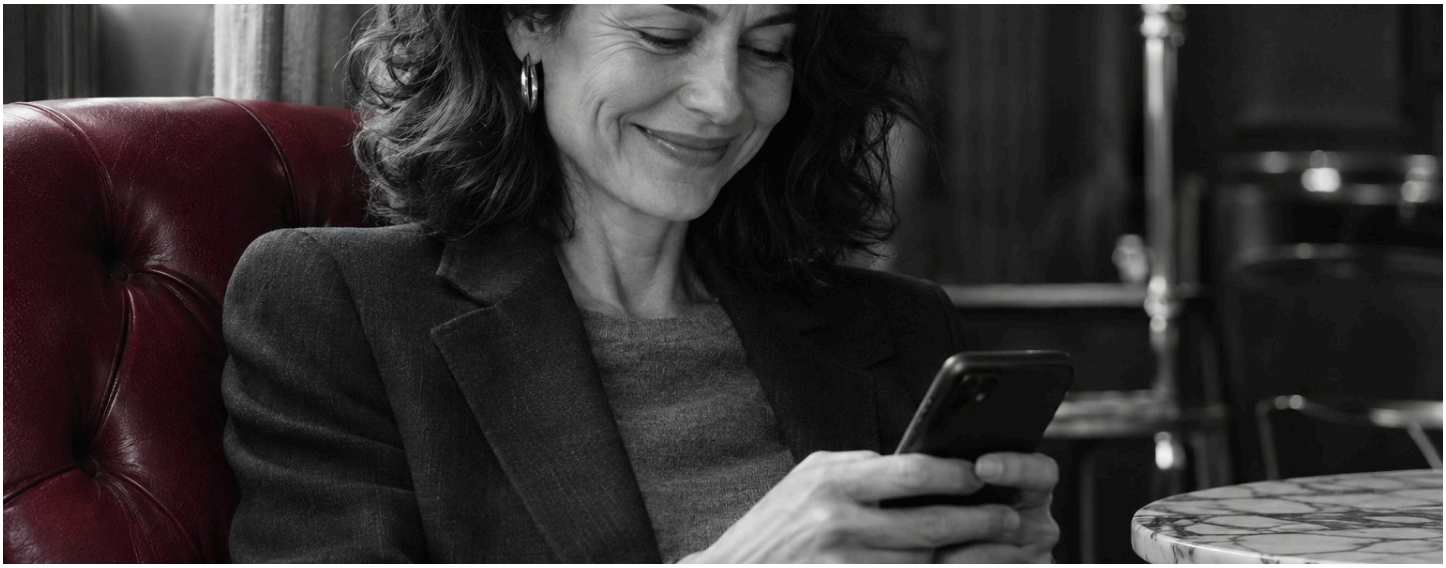


Your Phone Is a Notebook Before It's a Stage.

Capture the question, observation, or lesson before worrying about making content. Pay attention first.

Try it. Keep a note called "Worth remembering." Add three things this week without turning them into posts yet.